

Adding Protein to Meals Helps Blood Sugar*

Here's a listing of the protein content per serving of commonly eaten foods.

Protein Sources and Amounts**

Animal based:	Plant based:
3 ounces turkey = 25 grams	1 cup tofu = 25 grams
3 ounces chicken = 23 grams	1 cup cooked lentils = 18 grams
3 ounces pork = 22	1 cup black beans, cooked = 15 grams
3 ounces beef = 21	1 cup chickpeas, cooked = 15 grams (chickpeas a.k.a. garbanzo beans)
3 ounces shrimp = 19	½ cup pumpkin seeds = 10 grams
1 cup Greek yogurt = 19 grams	2 Tbsp. peanut butter = 7 grams
3 ounces salmon = 17 grams	1 ounce nuts = 6 grams
1 cup milk = 8 grams	3 Tbsp. seeds = 6 grams
1 ounce cheese = 7 grams	¼ cup hummus = 5 grams
1 egg = 7 grams	½ cup cooked quinoa = 4 grams

****Be sure to read nutrition labels of packages of prepared foods**

Bottom line – always read labels of prepared foods so you know the protein content. You may be surprised at how much protein is really in foods. It may be higher or lower than you think.

And you don't need a huge amount of protein each day.

Protein does require insulin in order to be metabolized and used by the body, but it does not have a big impact on blood sugar.

***If you have kidney disease**, be sure to check with your doctor and other health professionals on your health and wellness team about how much protein is safe for you to eat.

21DayBloodSugarChallenge.com

© Dr. Beverly Yates N.D.